DOCUMENT RESUME

ED 125 291 FL 007 805

AUTHOR	Pulu, Tupou L.; Pope, Mary L.
TITLE	Taking Care of Your Body.
INSTITUTION	Alaska State-Operated Schools, Anchorage.
PUB DATE	75
NOTE	65p.
AVAILABLE FROM	Ron Hohman, Superintendent, Bering Straits Regional Schools, Nome, Alaska (for small quantities as long as supply lasts); Mary L. Pope, 1573 West 1050 North, Provo, Utah 84601 (for quantities of 50 or more, at cost)
EDRS PRICE	MF-$0.83 HC-$3.50 Plus Postage.
DESCRIPTORS	*American Indian Languages; *Bilingual Education; Childrens Literature; Elementary Education; *Eskimo Aleut Languages; *Health Education; *Instructional Materials; Language Instruction; Reading Instruction; *Reading Materials; Uncommonly Taught Languages
IDENTIFIERS	*Inupiat

ABSTRACT

This illustrated reader is the second in a series of three beginning health books designed for use in the Alaska State-Operated Schools' bilingual education program. Two versions are provided, one in the Inupiat dialect of Shishmaref, Alaska, and the other in English. Both are illustrated with black and white drawings. The reader provides, in the form of a classroom dialogue, basic information about the body's need for rest, sleep, exercise, fresh air and cleanliness. (CLK)

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TAKING CARE OF YOUR BODY

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TAKING CARE OF YOUR BODY

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Summer Workshop, Fairbanks, Alaska

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For
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Bilingual Education Department
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1975

A Production of the

Bilingual Education Department

of

Alaska State-Operated School System
650 International Airport Road
Anchorage, Alaska 99502

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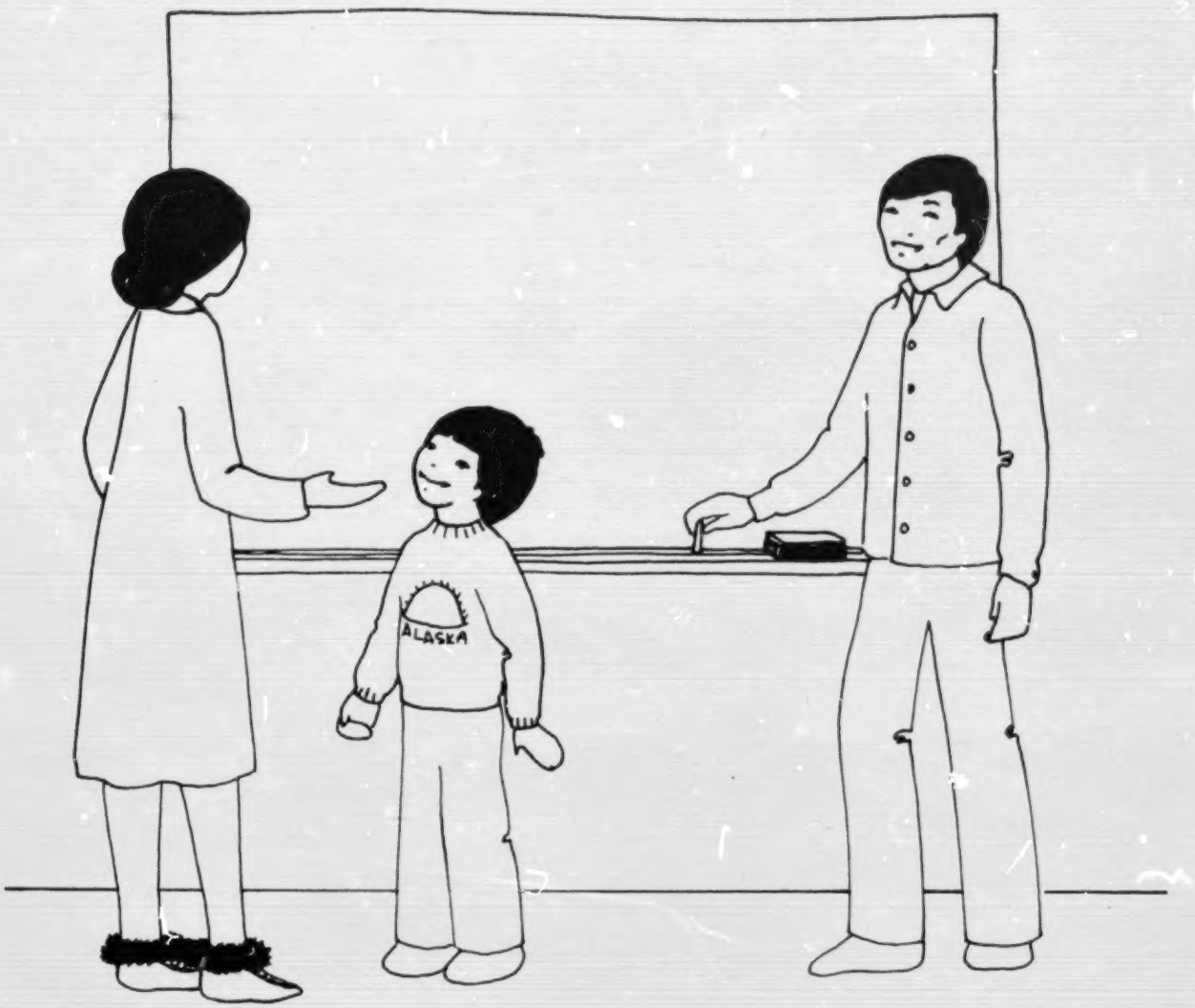
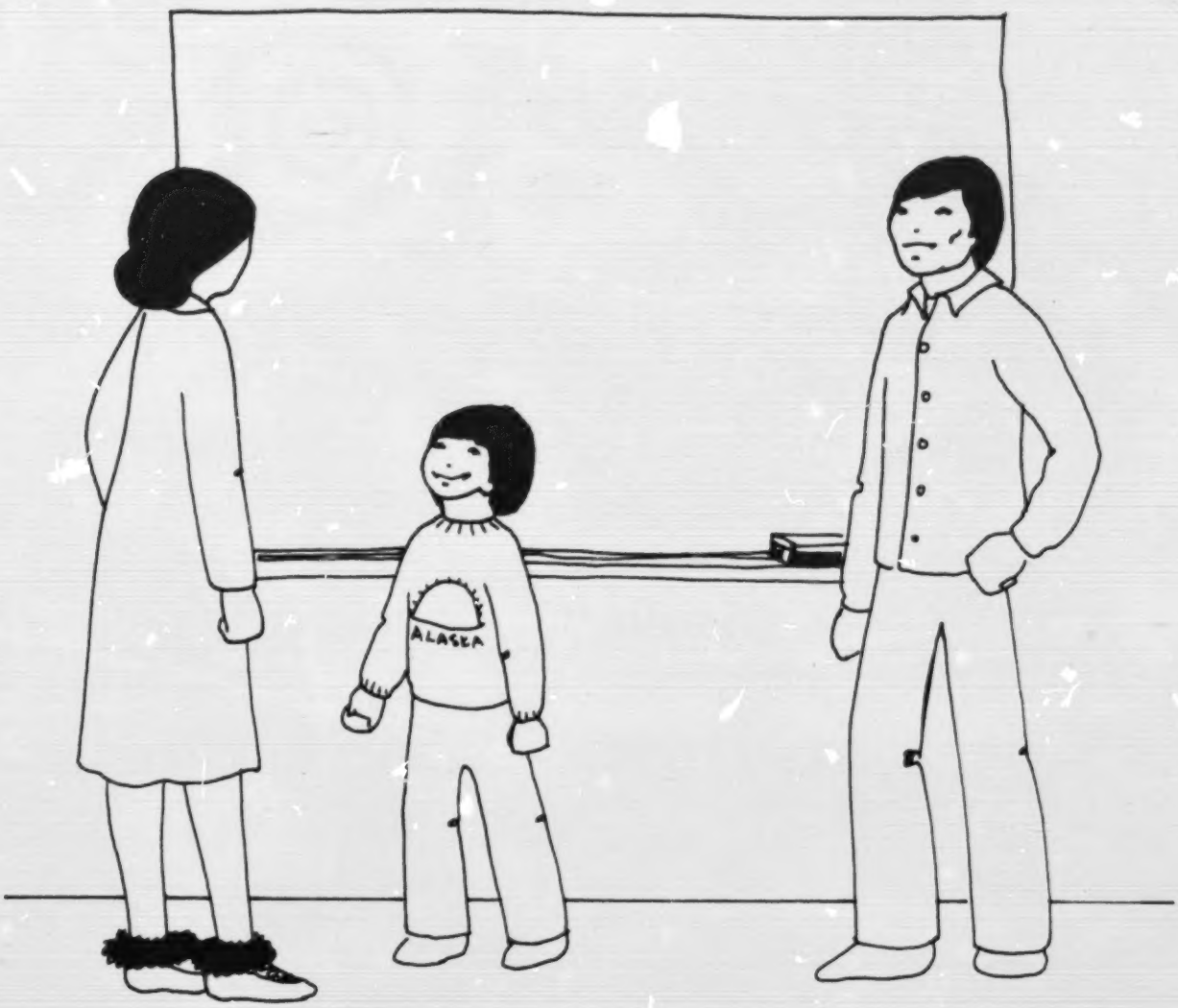
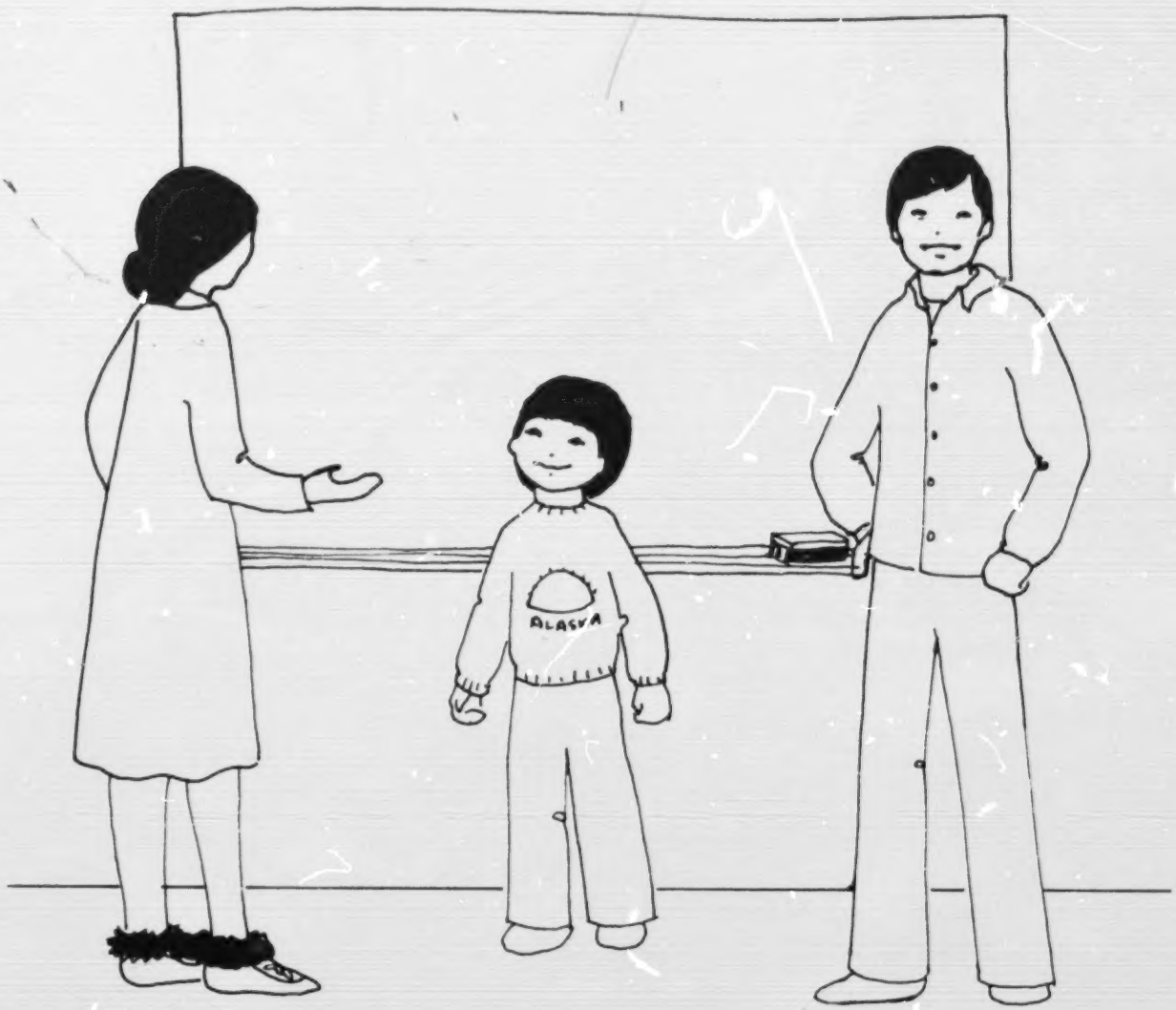


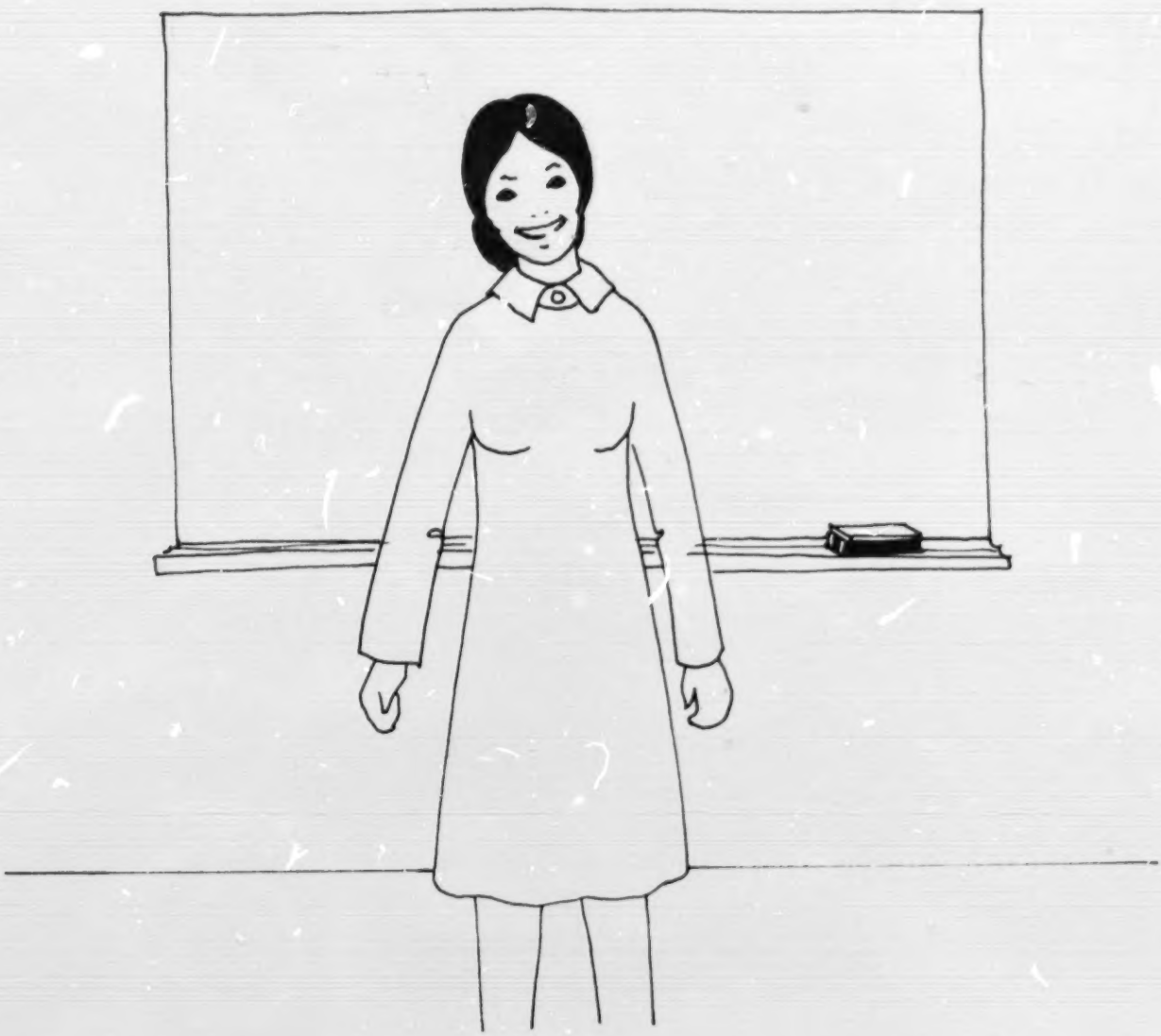
Tom: Hello, Anna! We're happy to see you.
Are you going to tell us how to take care of our bodies?



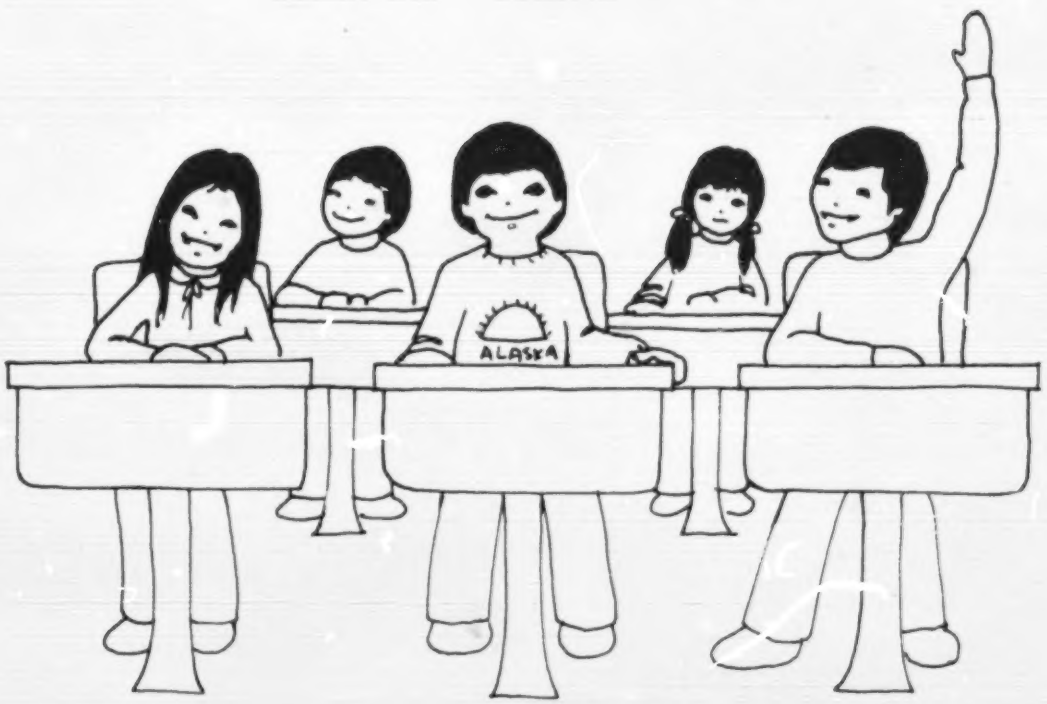
Anna: Yes, Tom. That's why I came. Would you like to learn how to take care of yourself?



Tom: We sure would, Anna. We don't like to be sick.

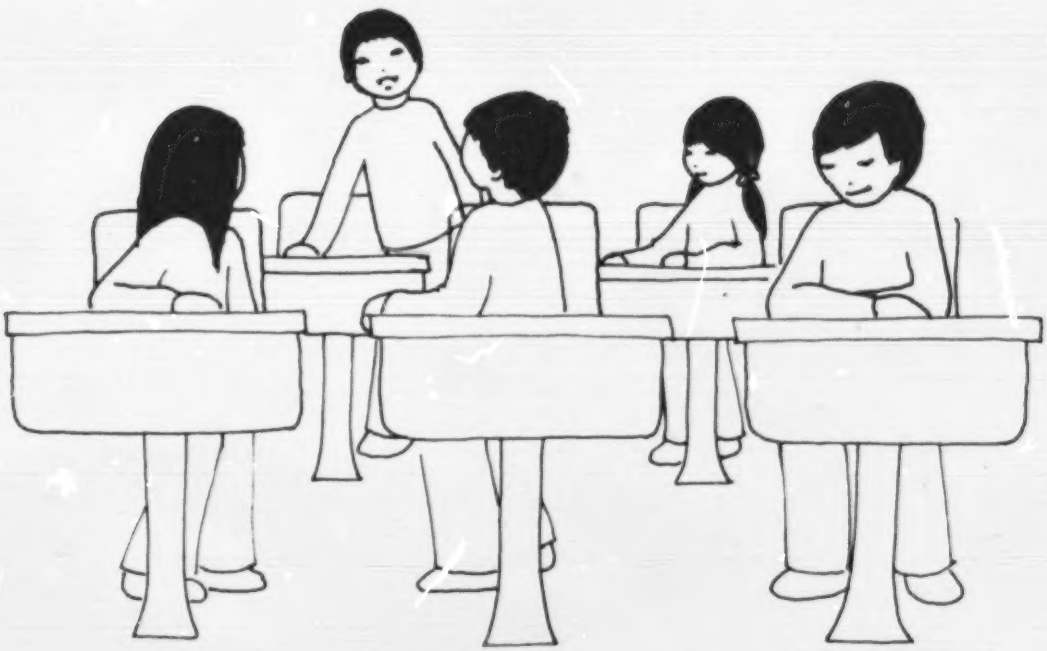


Anna: Then let's talk about how to take care of yourself. First, we'll talk about sleep and rest. Everybody needs to get plenty of sleep and rest.



David: Why do we need to sleep and rest, Anna?
Do you mean sit down all the time?

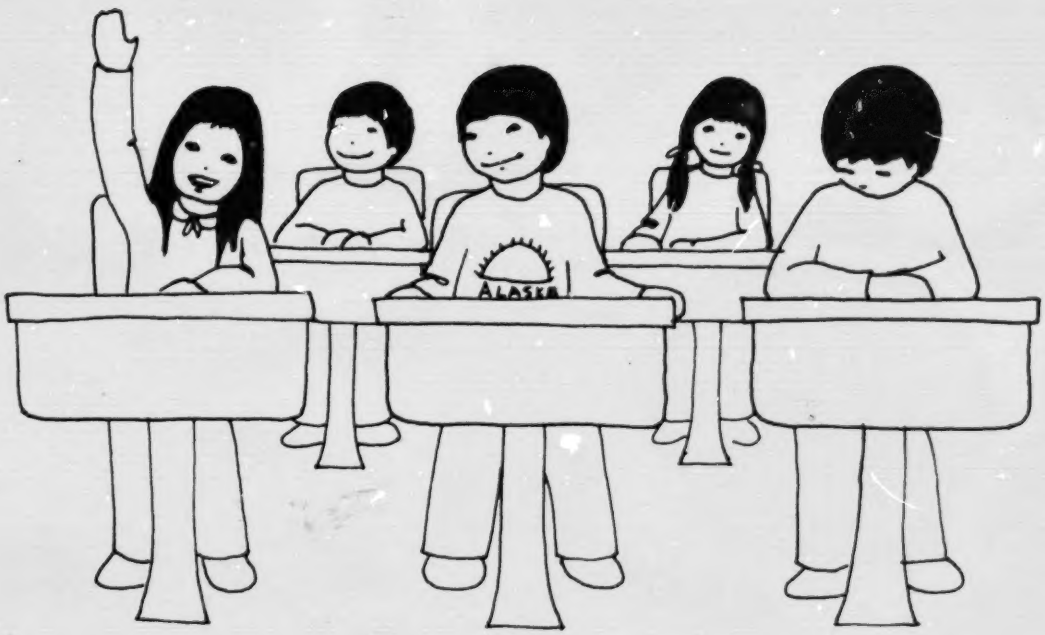
Anna: No, David, that's not what I mean.



Anna: Getting plenty of rest means going to bed early.

Bill: Why do we have to go to bed early? Mom and Dad don't go to bed early.

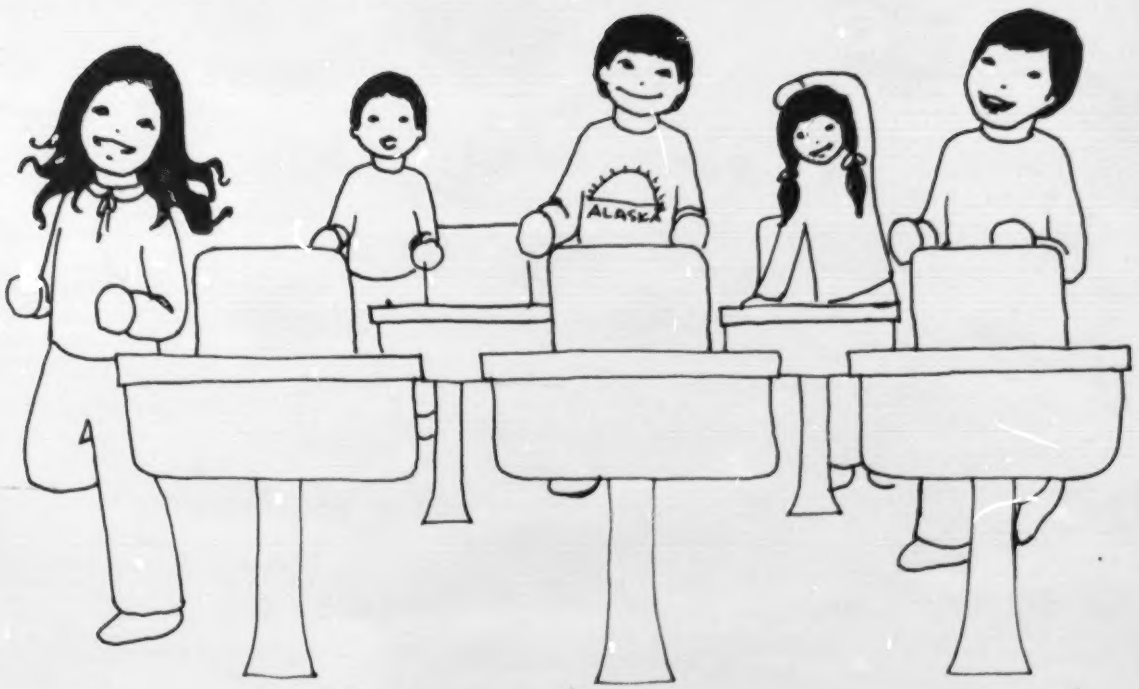
Anna: You need to go to bed early because you are stili growing. Your parents are already grown-up. Babies sleep a lot more than you do. They grow very fast.



Sue: Anna, can we do all our sleeping in the winter?
Then we can stay up all night in the summer.
I'd like to play all night!

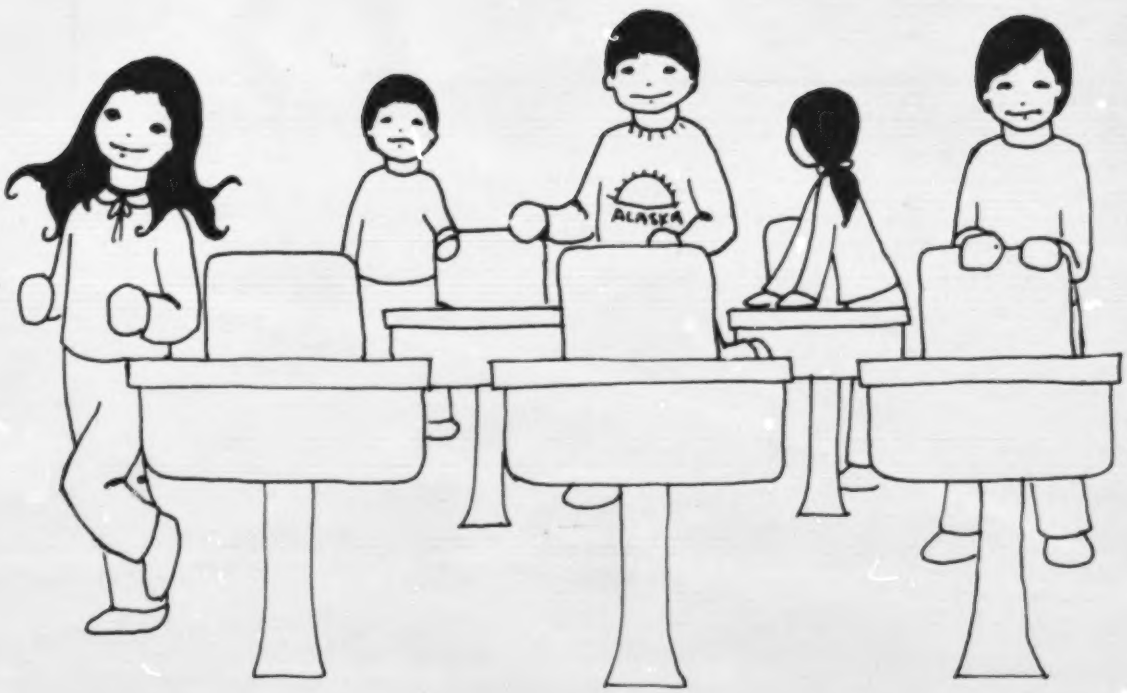
Anna: Have you tried playing all night? You'd get very tired. You'd start yawning. Then your eyes would get red. You'd be very cross. It wouldn't be any fun.

Anna: Let's try something. Everybody stand up. Now run without moving. Run as long as you can.



Anna: Janet, why did you stop running?

Janet: I got tired. I need to rest.

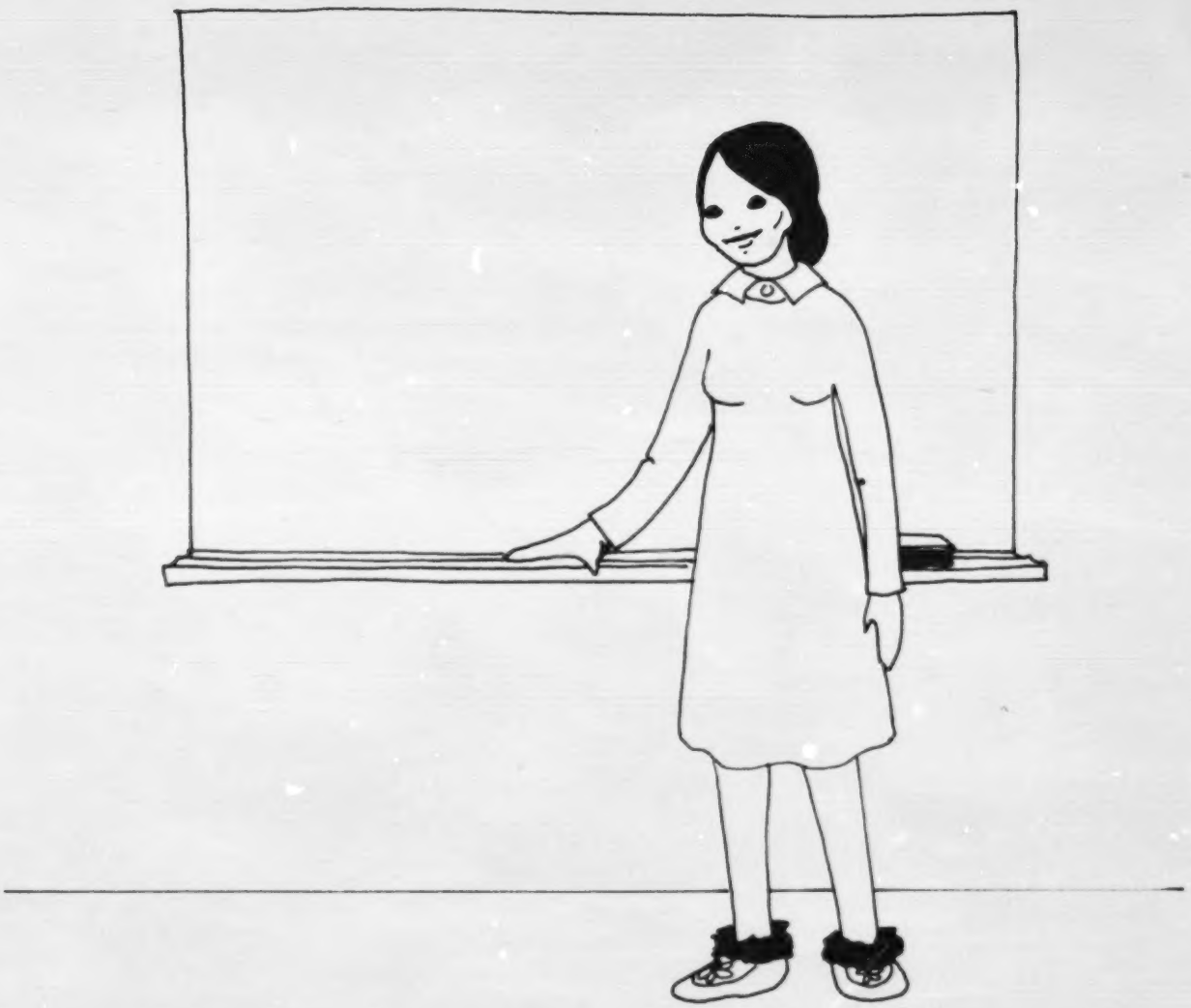


Anna: Bill, why did you stop?

Bill: I got tired. It was hard to breathe.
I need to rest.

Anna: David and Sammy are resting, too.
Why did you stop running?

Sammy:
David: We got tired!



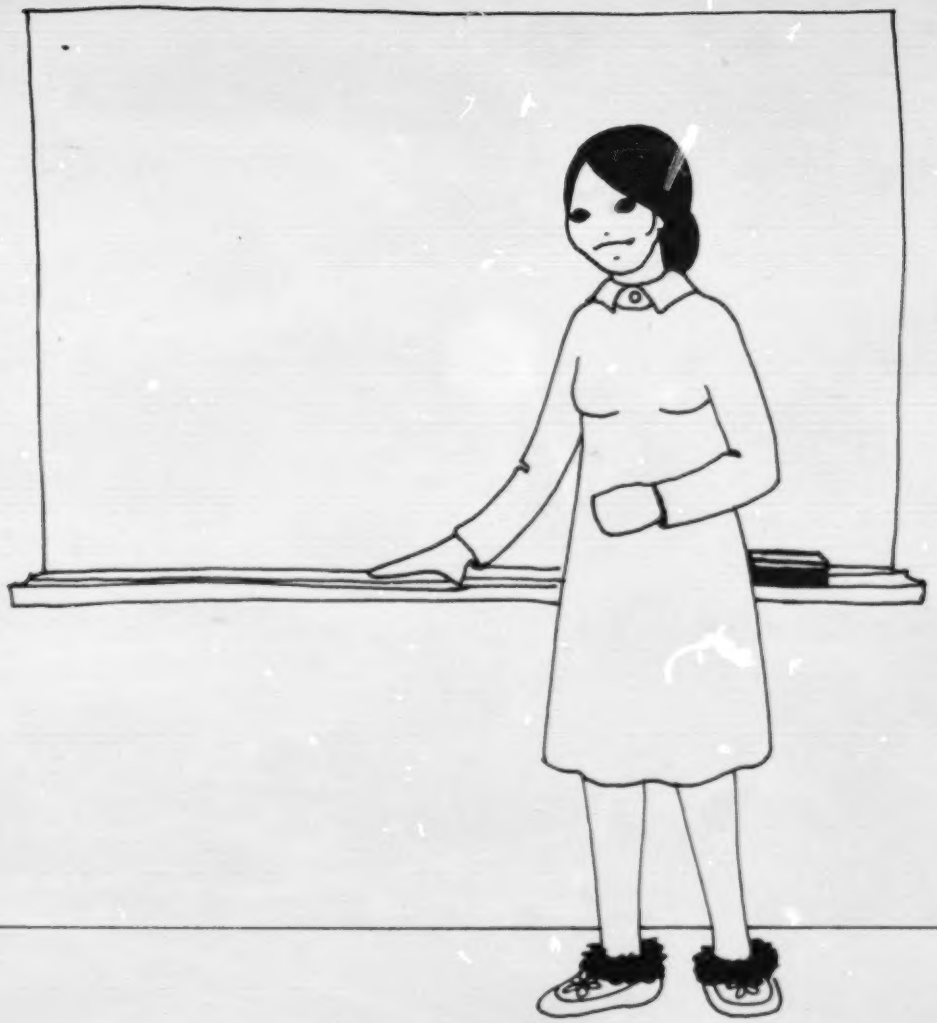
Anna: You ran a little bit. Then you rested a little bit. You needed a little rest for a little work. Your body works hard all day. Your eyes see. Your nose breathes. Your legs walk. When night comes, your whole body needs to rest.

Mike: We'll get plenty of sleep and rest, Anna. Is that all we need to be healthy?

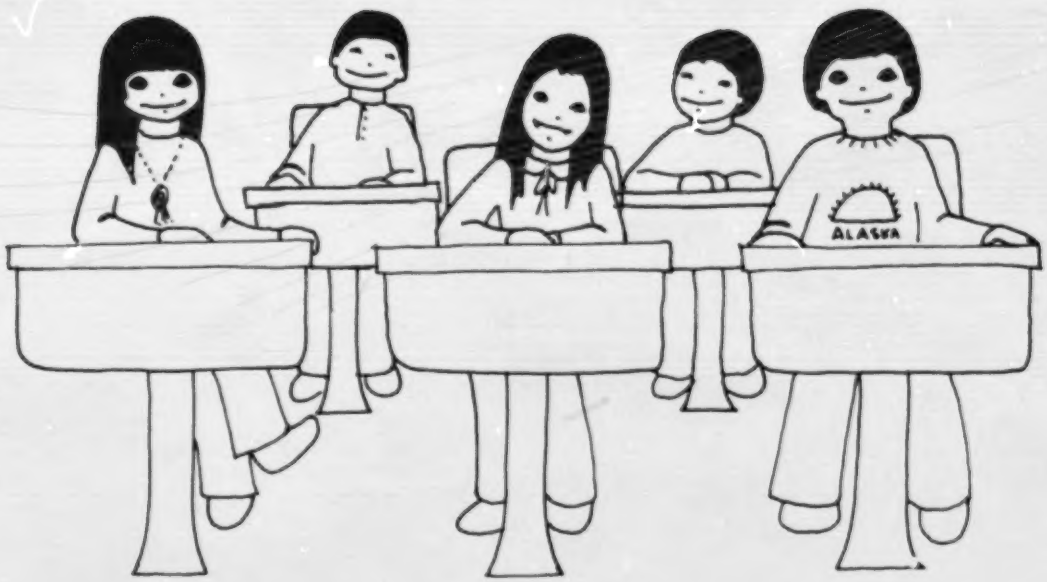
Anna: No, you also need exercise and lots of fresh air.

Sam: Exercise? Do you mean running?

Anna: Yes, that's part of it. There are many ways to exercise. You can walk. You can ride a bicycle. You can chop wood. You can carry water. Work is good exercise. It makes you strong.



Anna: Walking makes strong legs. Carrying water makes strong arms. Can you think of a way to make your back strong? Can you think of a way to make your lungs strong?

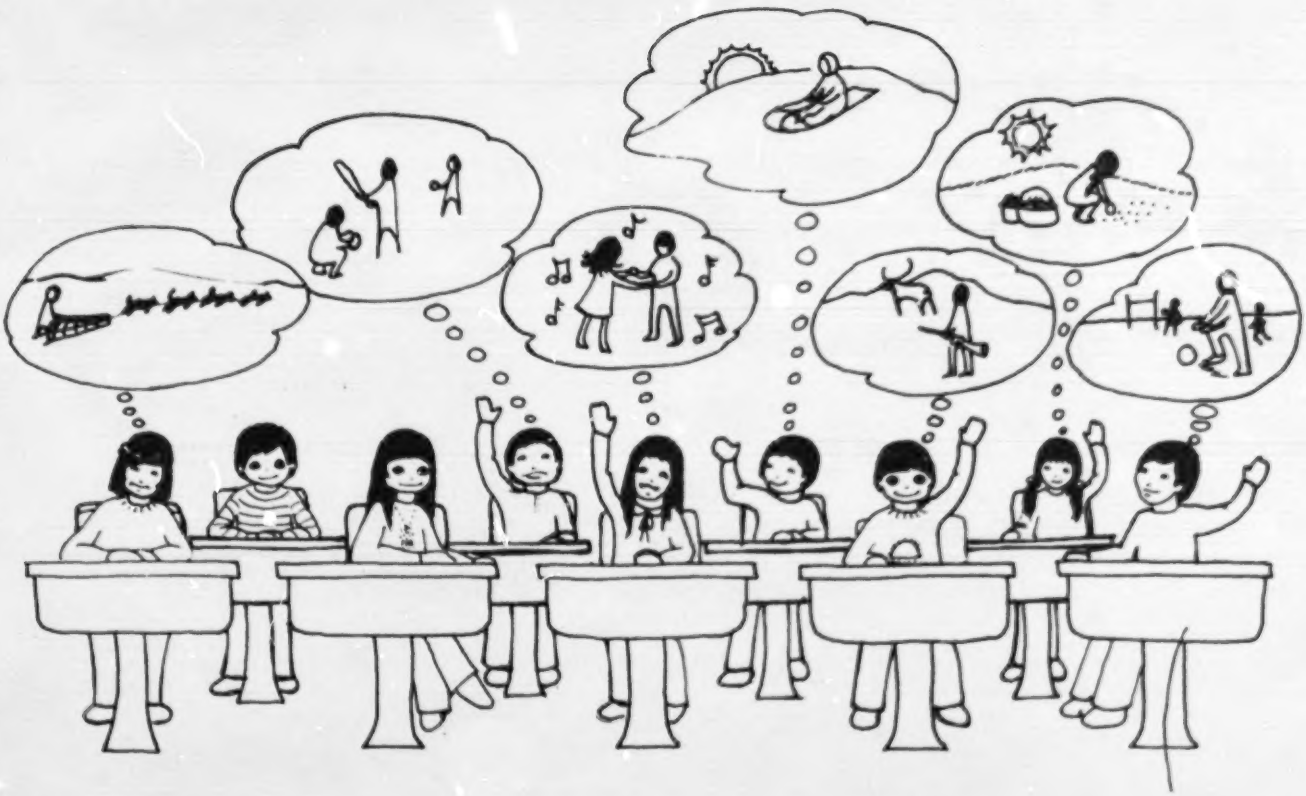


Sue: How about playing, Anna. Is that exercise?

Anna: Yes, it is. Playing outside is very good. You get lots of fresh air.

Sue: You mean that exercise can be fun?

Anna: Yes, exercise can be fun. You need to have fun to be healthy.



Anna: Name some things that you do to have fun.

Sue: Go fishing!

David: Go camping!

Mike: Go berry picking!

Tom: Go hunting!

Tom: Dancing is fun!

Sue: I like to sing!

David: I like to talk!

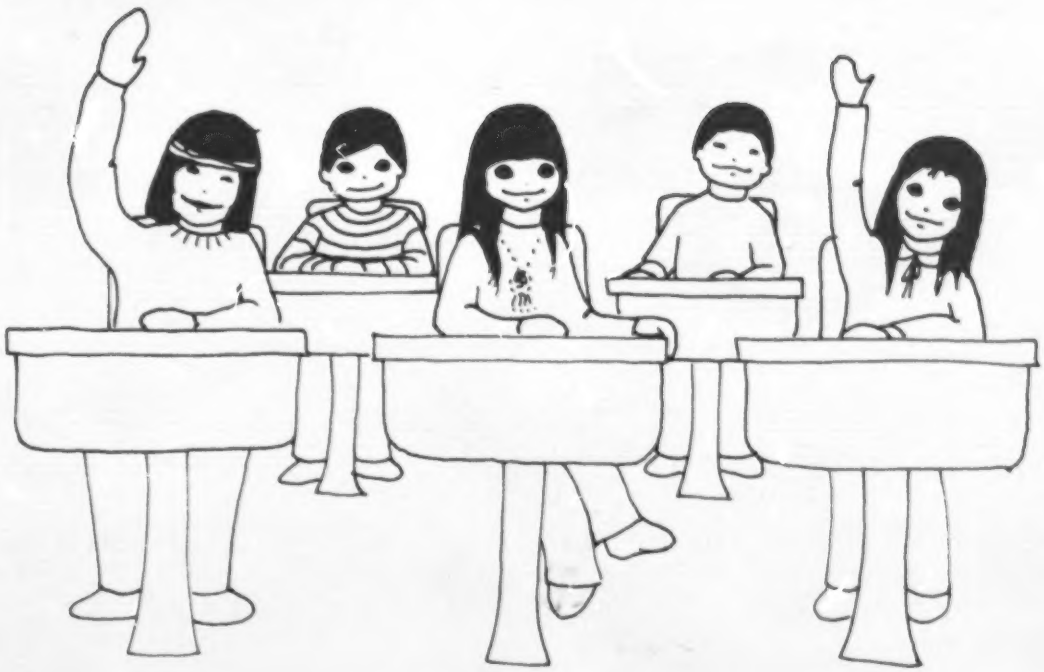
Jane: Laughing is fun, too.

Janet: Oh, Anna, are they all good for you?

Anna: Yes, They are all good for you.

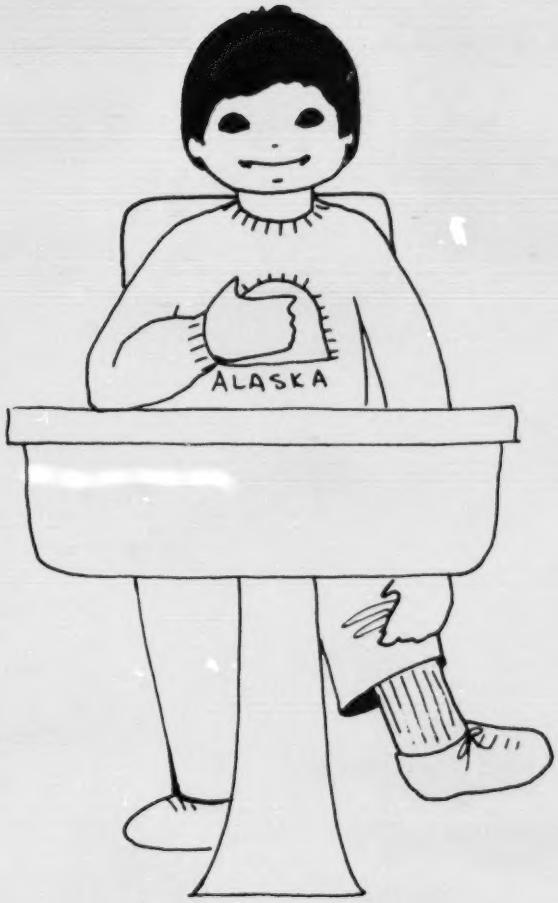
Class: Now we know all about being healthy! We must have rest and sleep. We must have exercise. We must have fresh air.

Anna: There is still more to learn. Being clean is also important.



Sue: What do you mean? We are clean!

John: I washed my face! I brushed my teeth!
I combed my hair!



Tom: Anna, my shirt's clean! My socks are clean! My pants are clean!

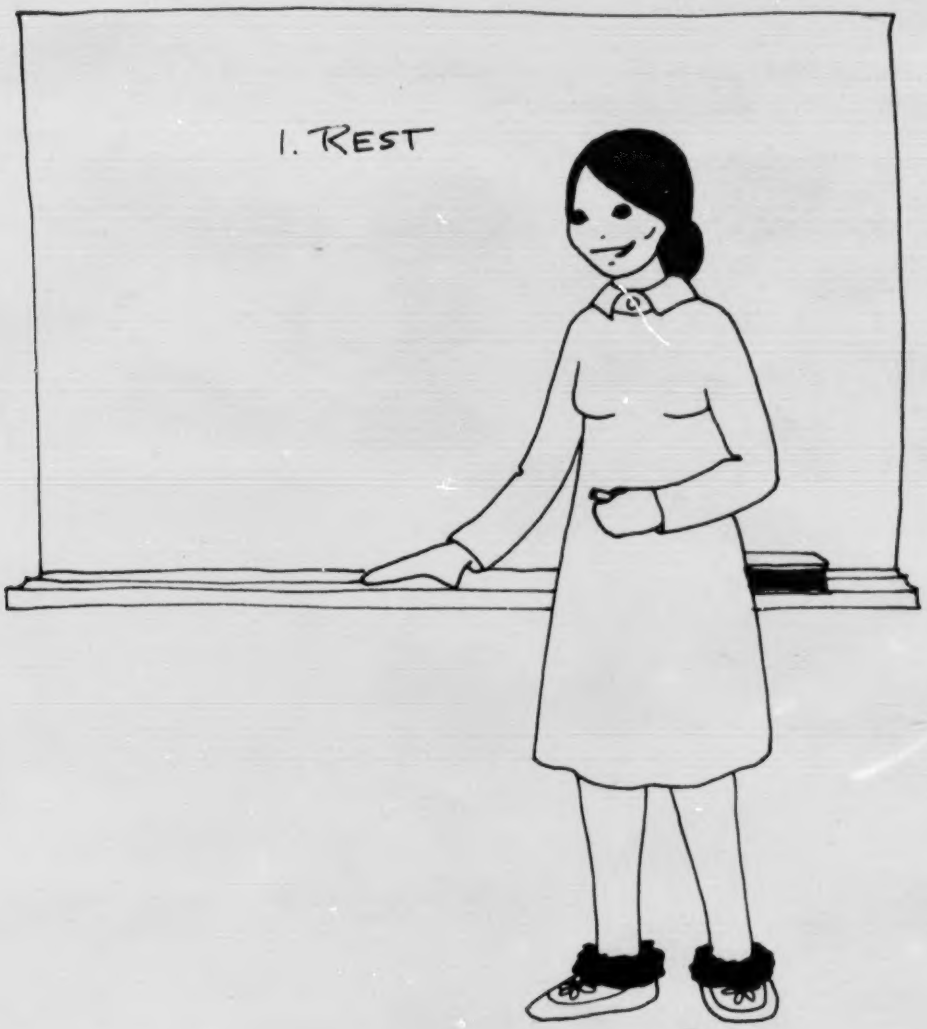
Janet: Anna, I swept the floor! I washed the dishes! I wiped the table!

Anna: Oh, you have named so many ways to be clean!

23

John: Will we be healthy if we do all these things?

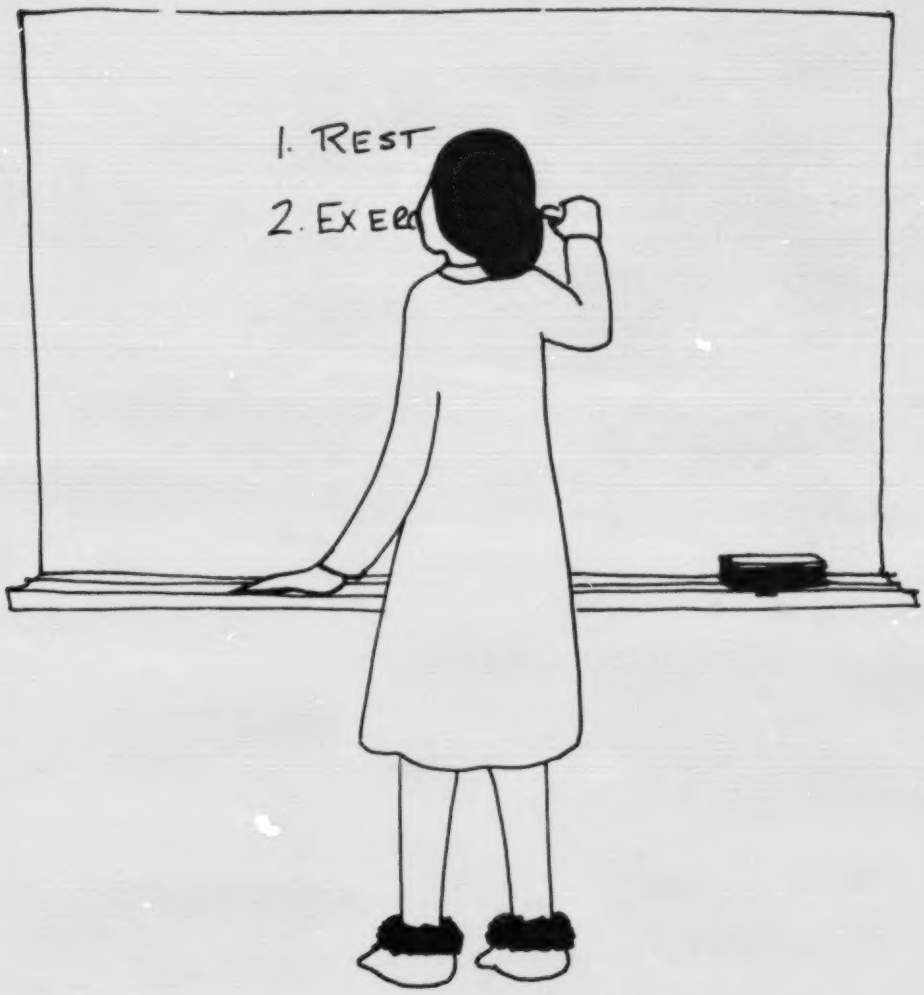
Anna: Yes, these are some of the ways to be healthy.
Who can name the four things we have talked about?



Anna: How do we rest?

Why do we rest?

How much sleep do we need?



Anna: How do we exercise?

Why do we exercise?

How much exercise do we need?

Why do we need fresh air?

Anna: What is recreation?

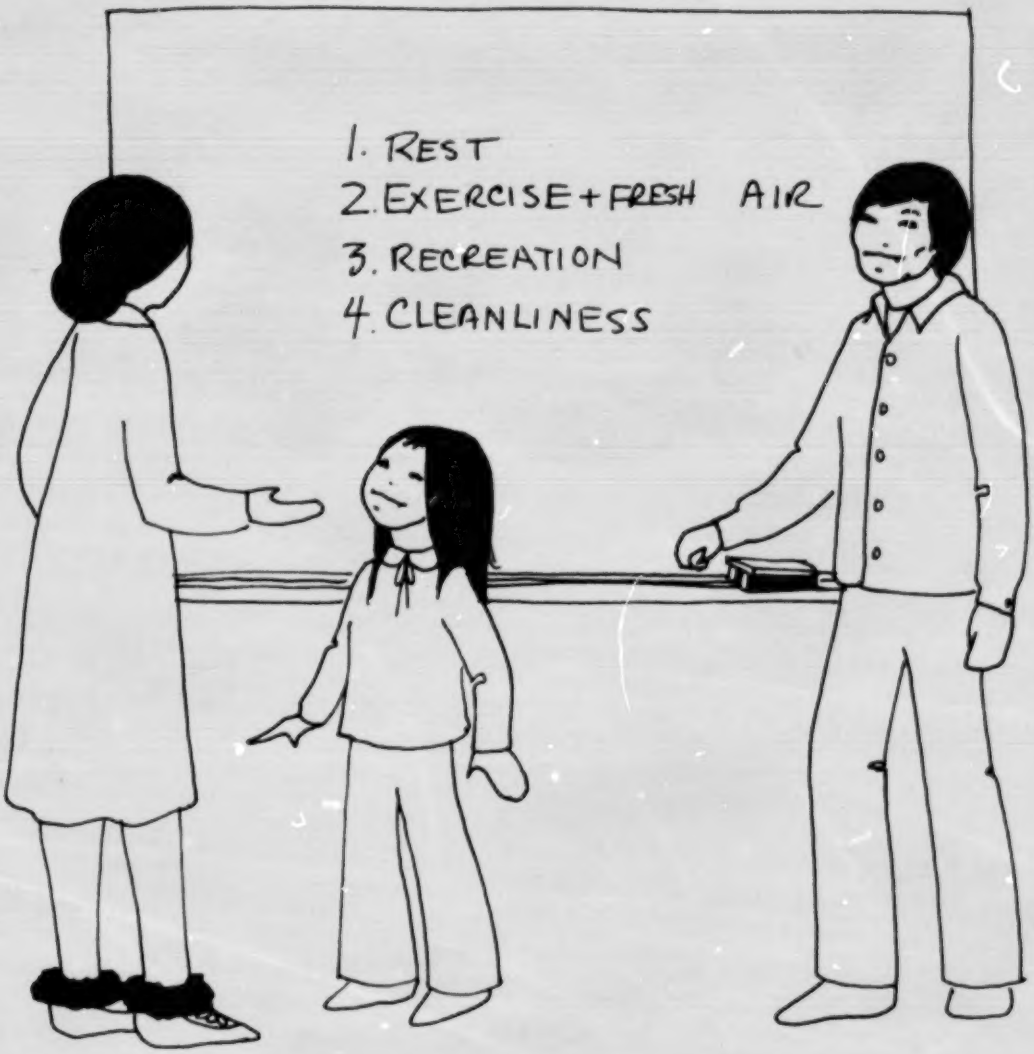
Why do we need recreation?

How much recreation do we need?

Anna: What is cleanliness?

Why do we need to be clean?

What do we need to do to be clean?



Sue: We're glad you came, Anna. Now we know all about being healthy.

Anna: Yes, you know a lot. There's more you need to know. You need to know how to choose healthy food to eat. I'll come to school again. Then we'll talk about food.

Timin Munaġilġa

FL007805

35

Inupiat Kigiqtaq

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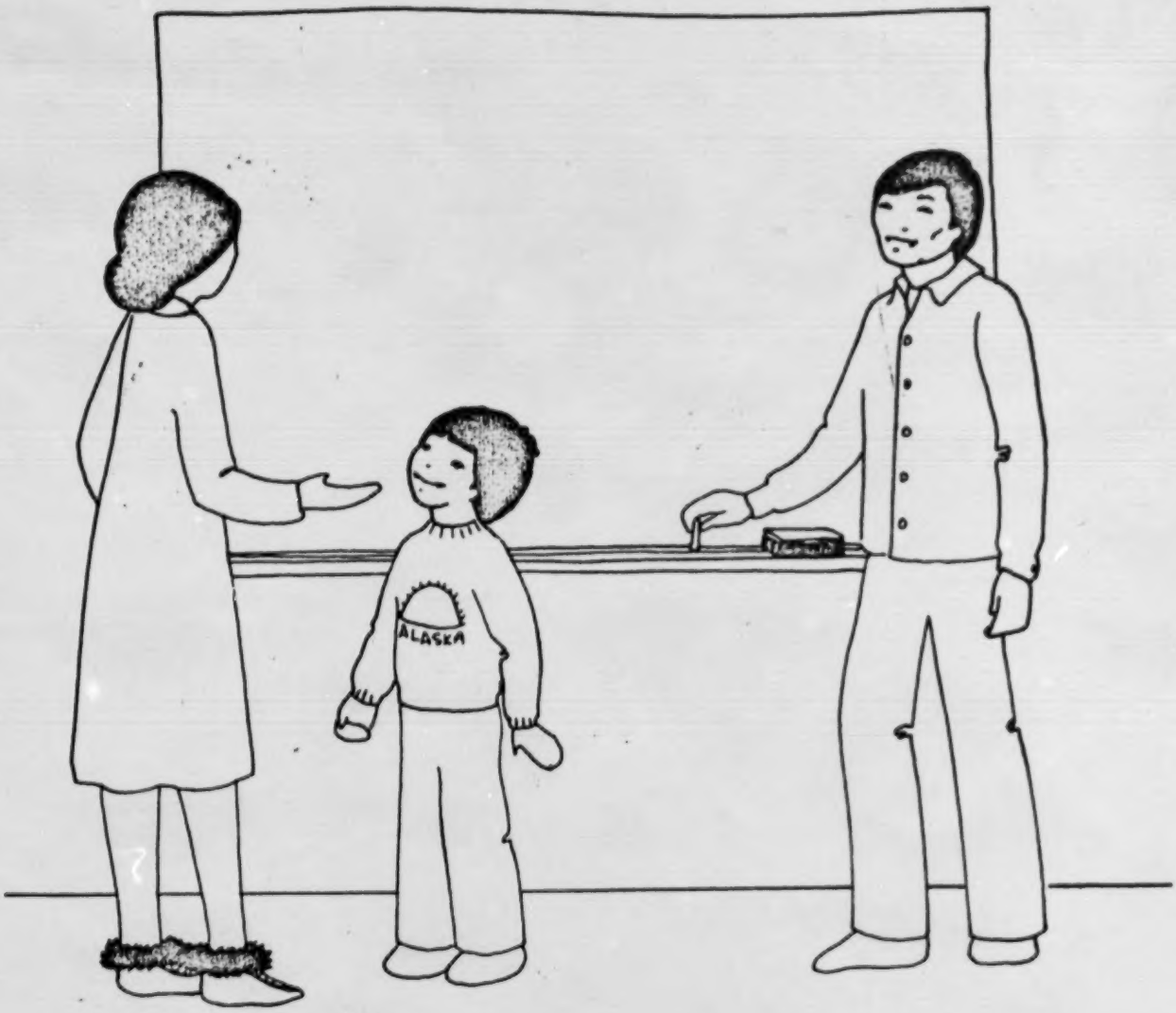
Printed by
Bilingual Education Services Press
811 West 25th Street
Anchorage, Alaska 99503

For Bering Strait Regional Schools
Ron Hohman, Superintendent

3-76-75



Tom: Halau Anna! Quwiasuktuut qiniġnaġavin.
Qaŋuti-riuqpitiut qanuq munaġilġanik timiptiŋnik?

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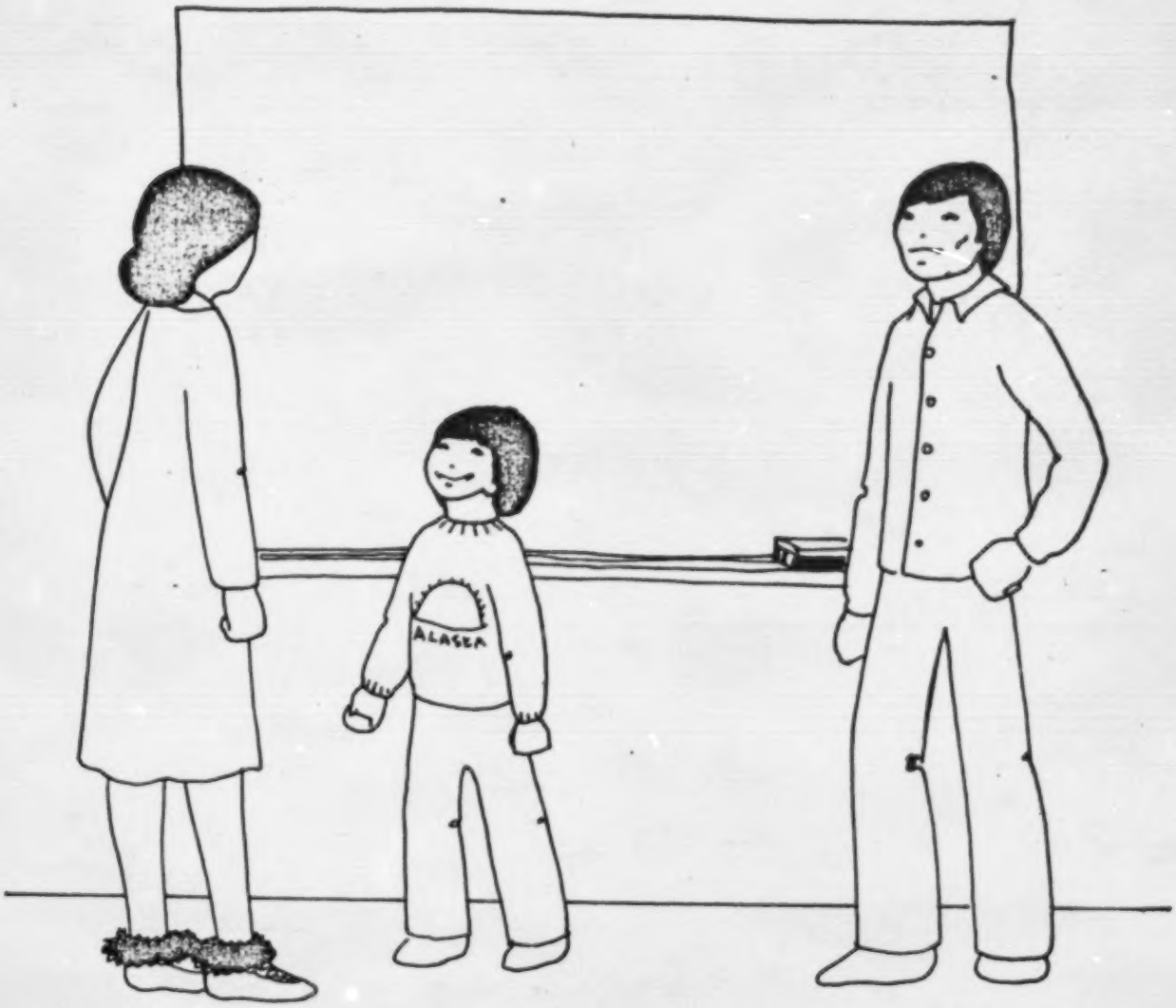
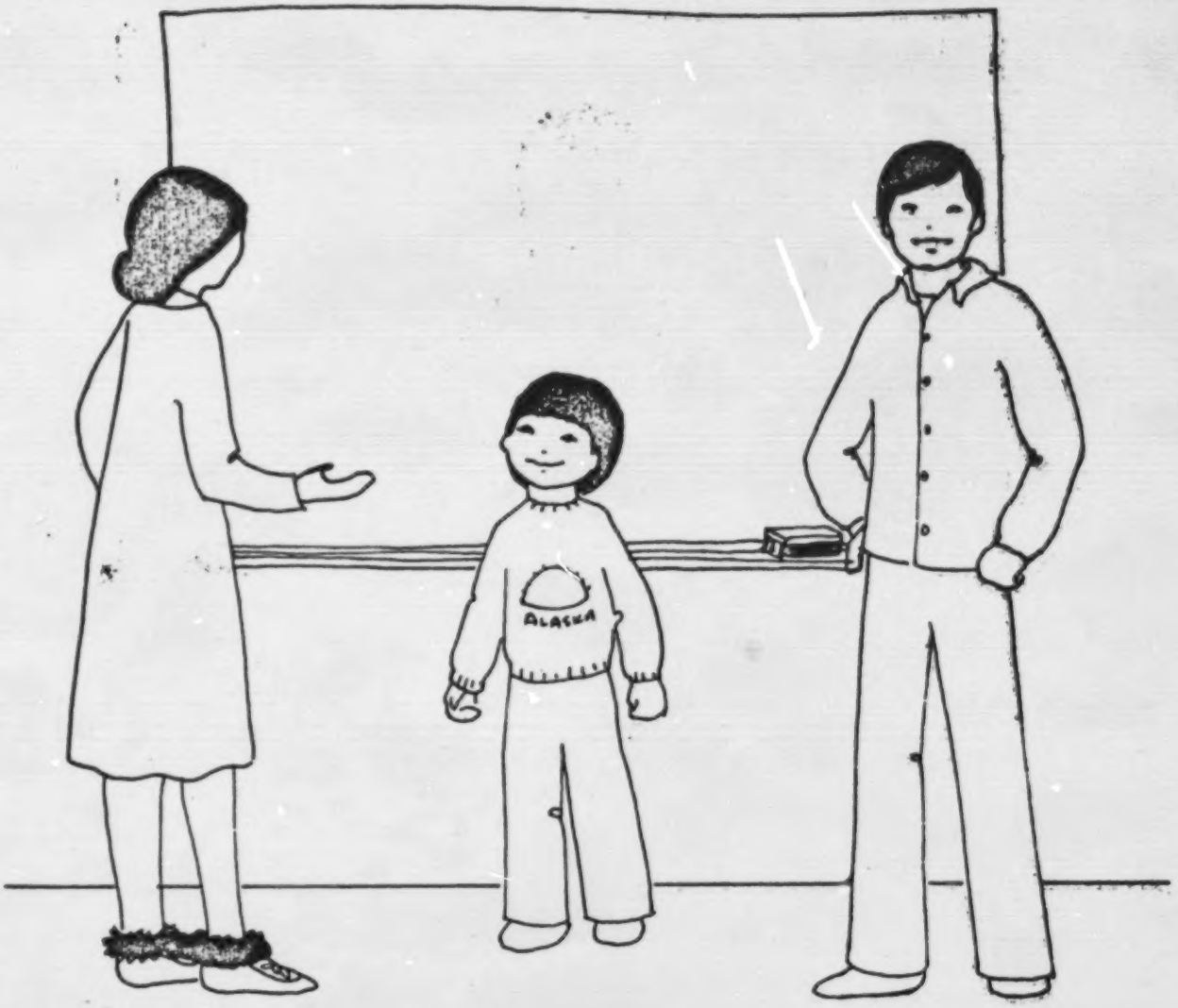
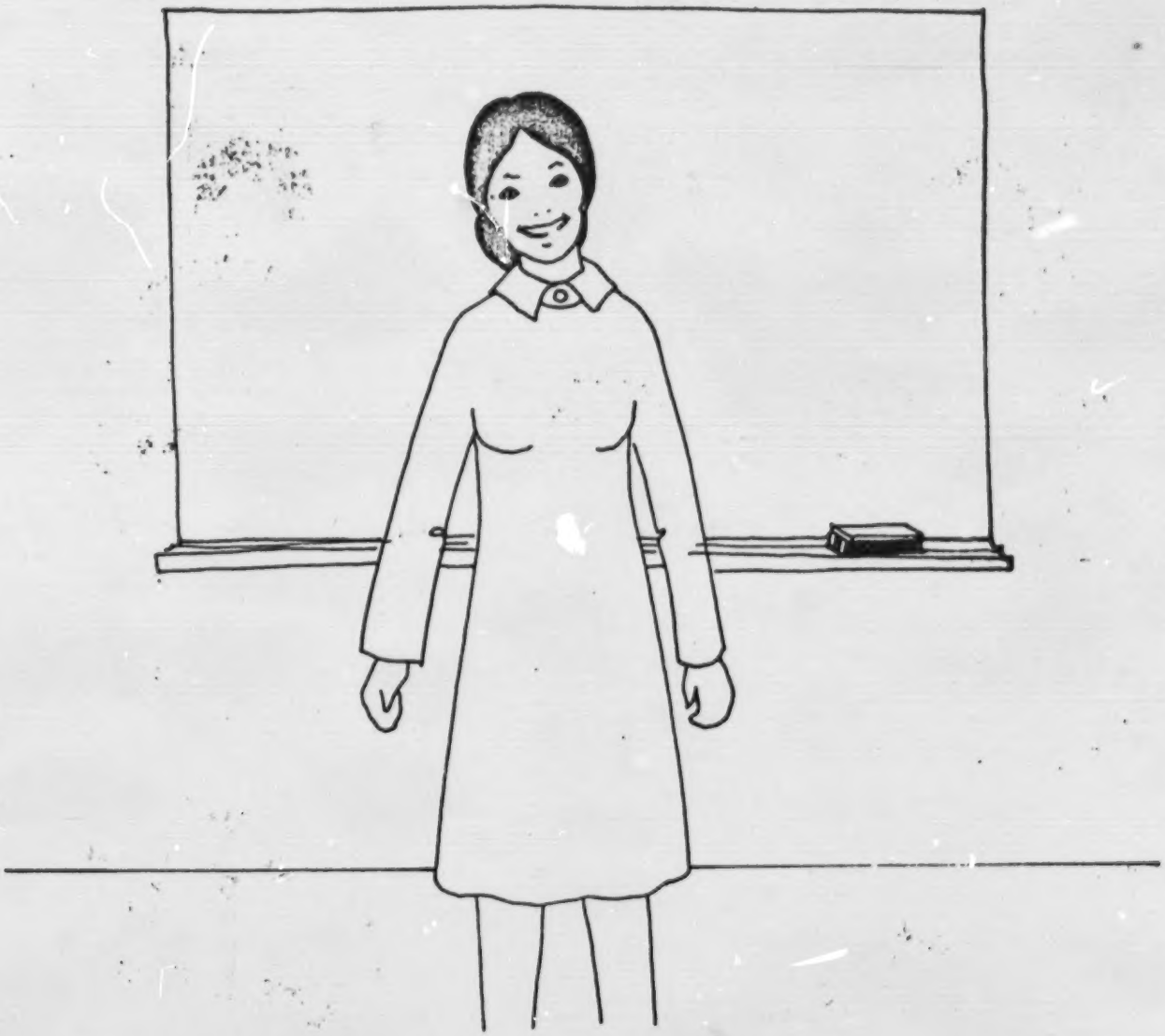


Anna: Iya' Tom. Taimanamik tigituŋa.
Munağilğanik timipnik ilisağukpin?



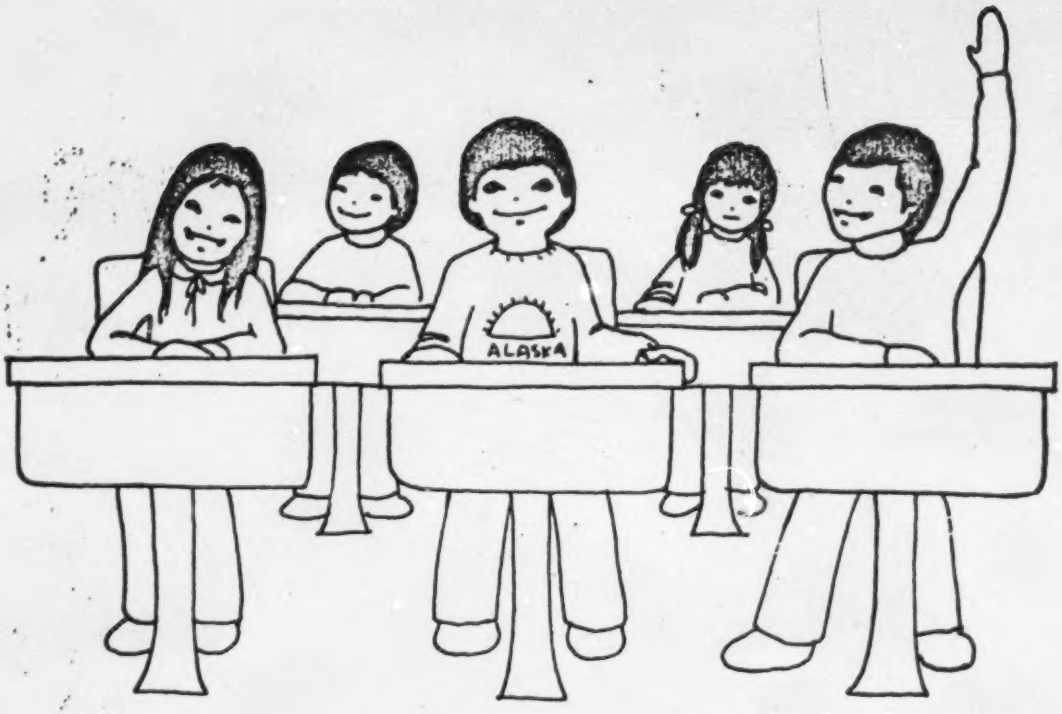
Tom: Iya' ilisimasuktuut, Anna. Kiiqsiğuktaŋilaut.



Anna: Munaġilġanik timipnik qaniqta.

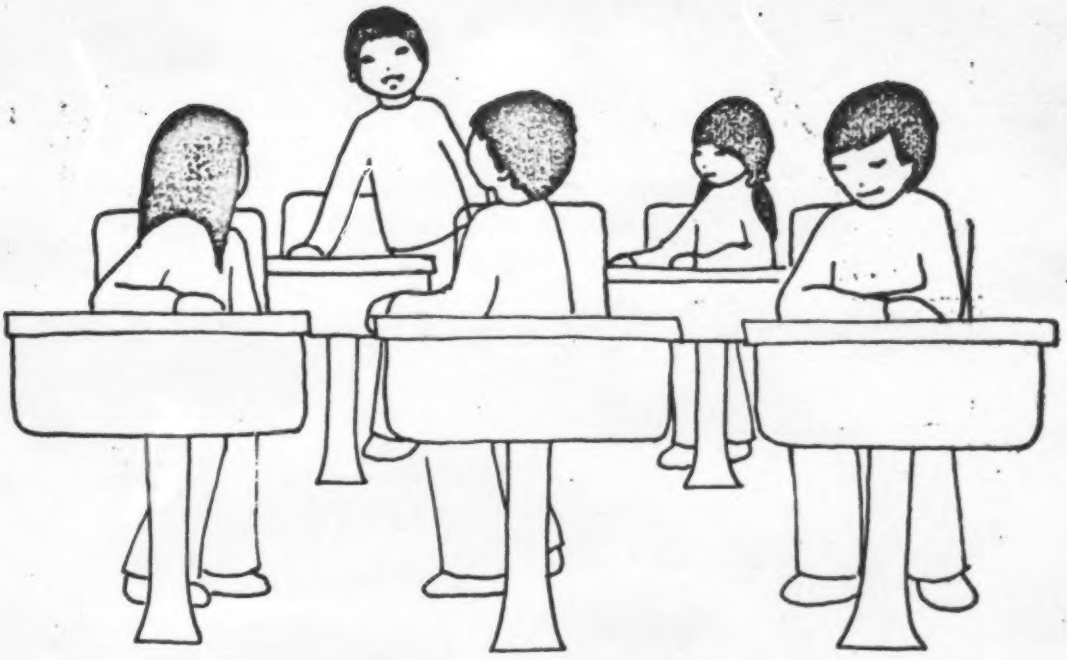
Siuliuluu siniŋmiglu minŋuiqsainiġmiglu qaniqta.

Iluqhata siniktaatuaguzhuut suli minŋuiqsaitaqtuaguzhuut.



David: Suwami siniŋnaavita suli miŋguiqsainaqpita, Anna?
Atalaa, iniqɬuu aġupinaqpita?

Anna: Naumi, David, taimana piŋilaŋa.

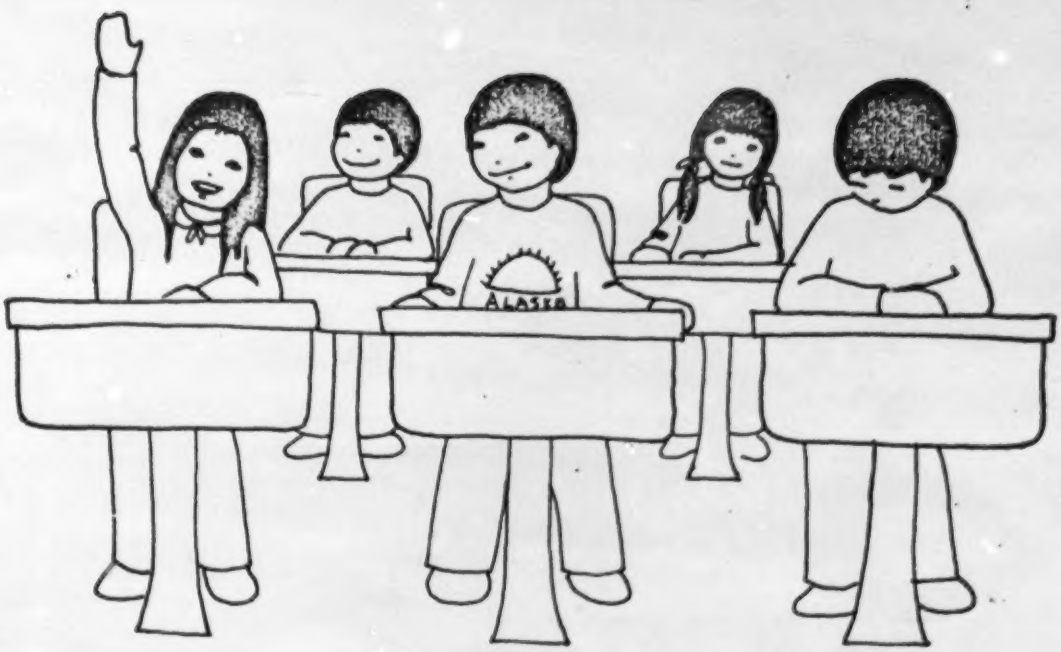


Anna: Minguiqsaivakuktuni innaaniağnaatuq suniaqtinau.

Bill: Suwami suniaqtinau innaaniağnaavita?

Aakalu, Ataatalu suniaqtinau innaaniaqtagilak.

Anna: Ilvin suniaqtinau innaaniaġnaatutin qanu ataa pamiqsaatuinaatutin. Aŋizuġaakin pamikaniktuk. Anilġamiazaat sinikpaktaqtut, ilipnin. Taimanamik agligainaataqtut.



Sue: Anna, iluqnaita sinikshaut siniktaġazaavitiiŋ ugiumi? Aasiin piyaaġuminaaziluta unnuaq naaɬuu uvanġaami. Alianaigiiga inaniq unnuaq naaɬuu!

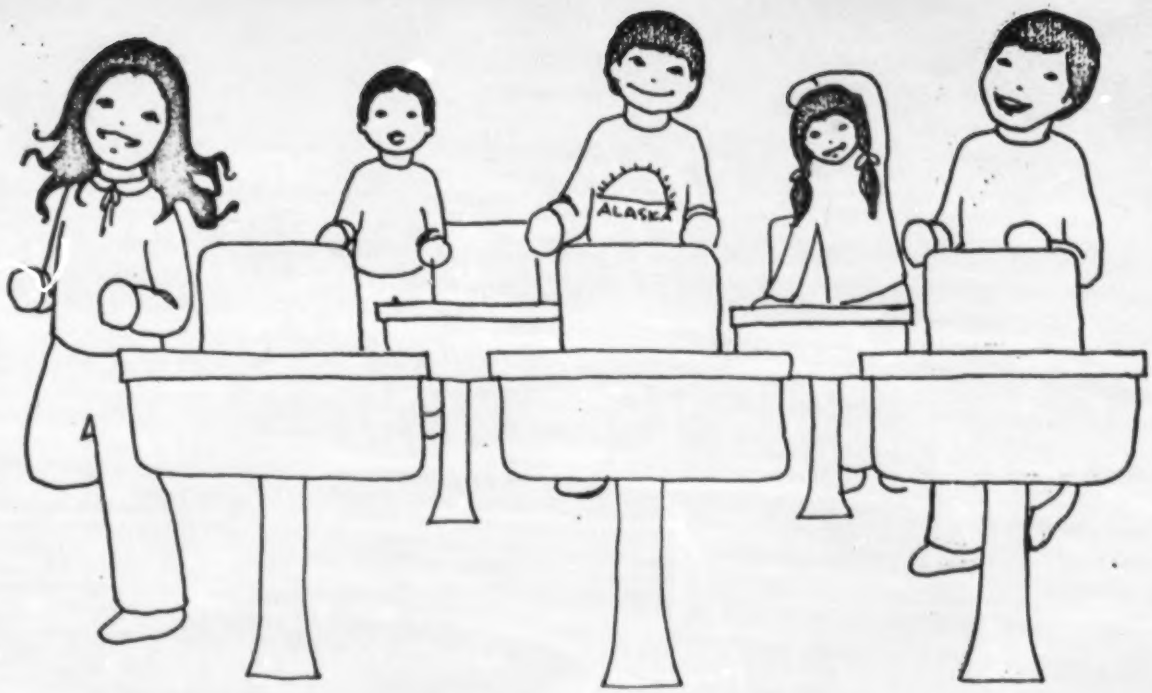
Anna: Inasaataqpin unnuaq naaŧuu?

Minŋauvaktaġazaatutin. Aitauqtaliġiaqtutin.

Suli izhikin kawiqsaivaktaġazaatuk.

Qinnaŋasinazaatutin. Alianaitpagazailaq.

Anna: Iluqhata una uuktaaqsaalaqut. Iluqhazi nigipitisi. Aqpaŋuaqizi auliakhazi. Aqpaŋuaqizi taknitikɬaaptun.



Anna: Janet, suwami aulaiqpin?

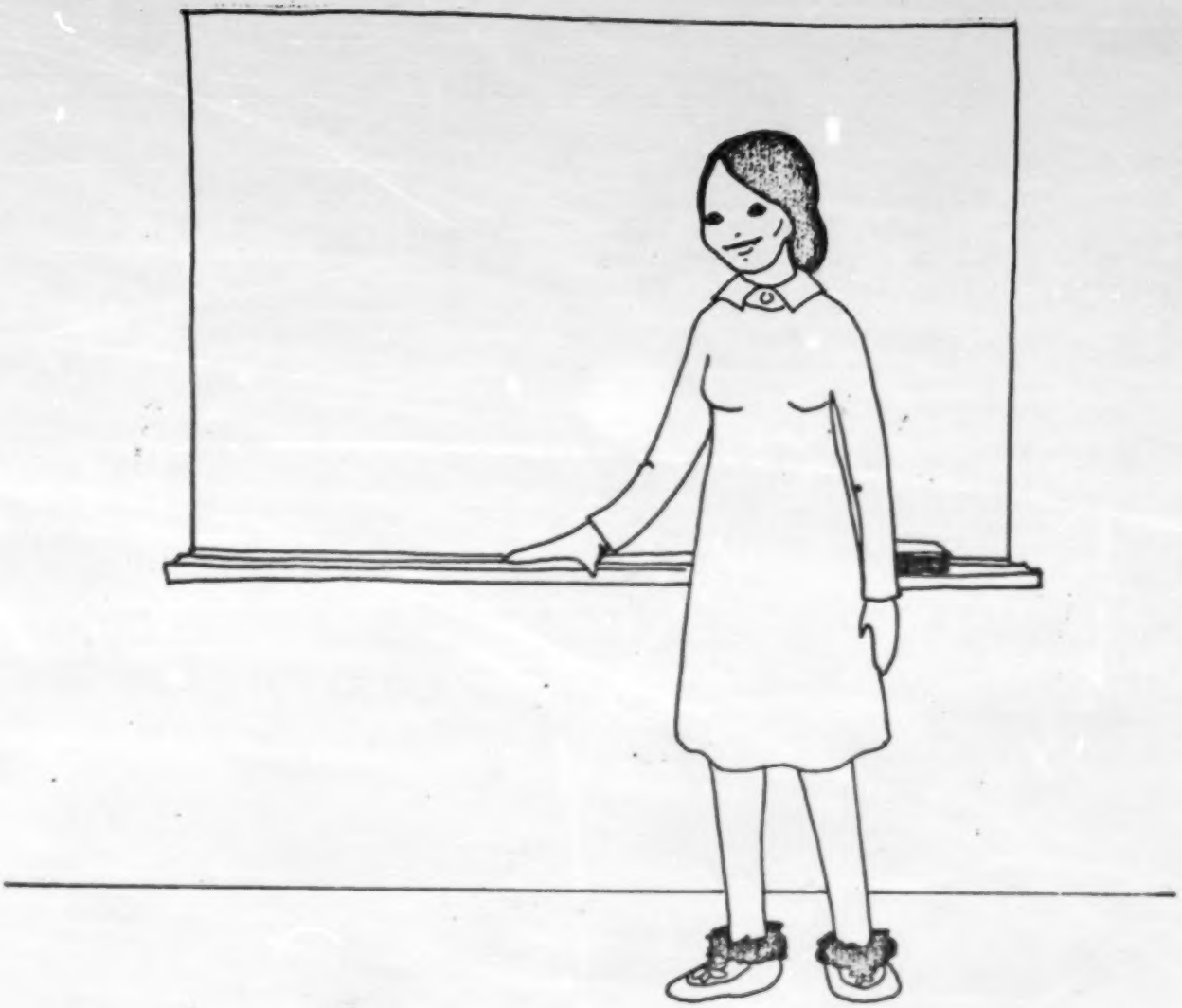
Janet: Mingautuaga. Minguiqsainaqtuga.

Anna: Bill, suwami aulaiqpin?

Bill: Minŋautuaŋa. Aniġni sagiqnaazipman. Minŋuiqsainaqtuŋa.

Anna: Davidlu, Sammylu minŋuiqsaituktauq. Suwami aqpaŋaiqpitik?

Sammy: David: Minŋautuaguk!



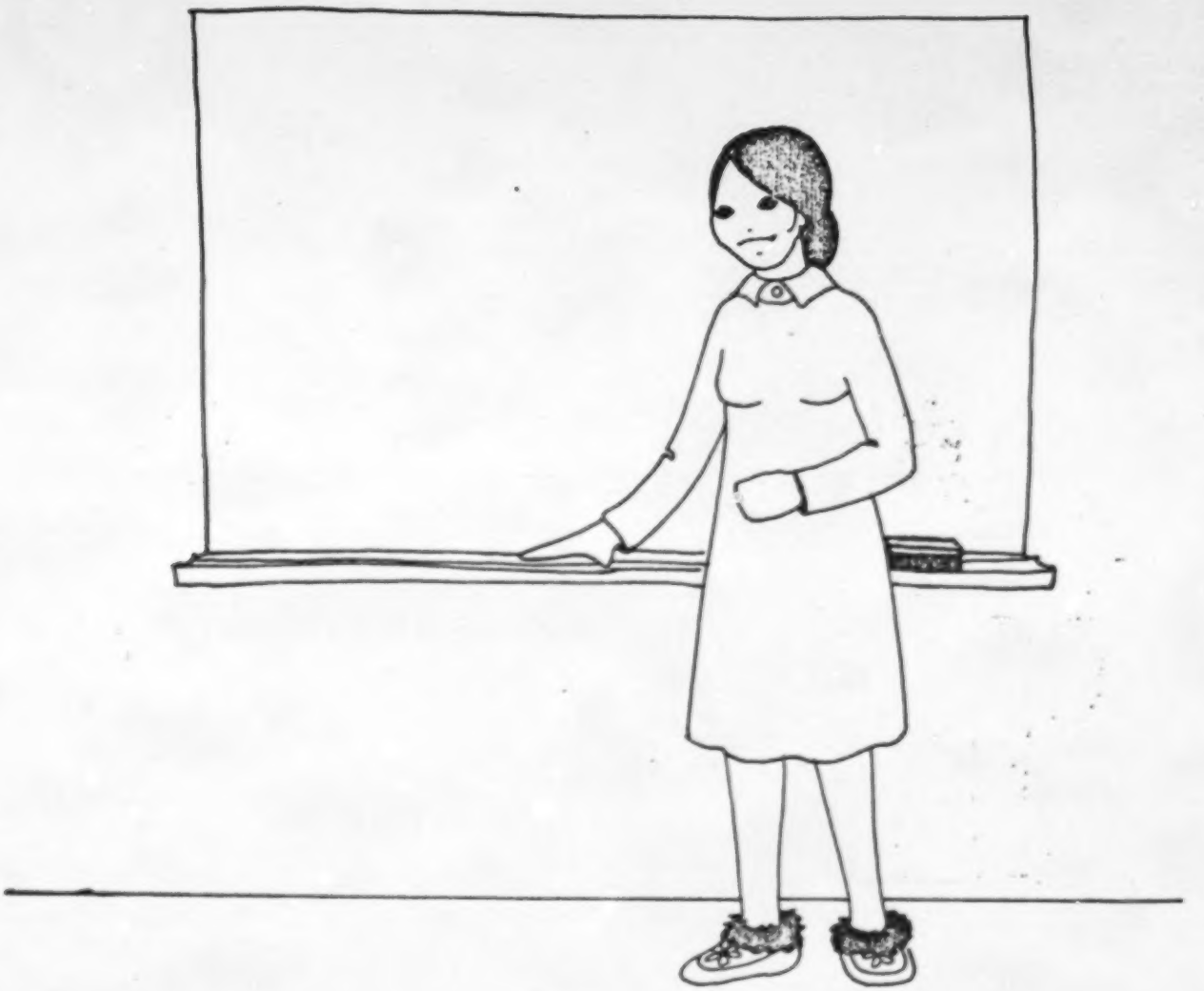
Anna: Aqpazhutin takshuuqpaŋituamik. Aulaiqhutin miŋguiqsaitutin. Miŋguiqsainaqtutin sawitqaiyauraġavin. Timin ubluq iluqnaan sawitpagtaqtuq. Izhikin qiniqtaatuk. Qiŋan aniġnizhaqtaatuq. Niukin aġuilaatuk. Unnuŋmauŋ timin miŋguiqsiġuktaatuq.

Mike: Naguatun siniktaaliuqtuut suli
minguiqsaitaqłiuqtuut, Anna.
Tazha aglaan pigaaqshaaqut
timikut saggiġuptigu?

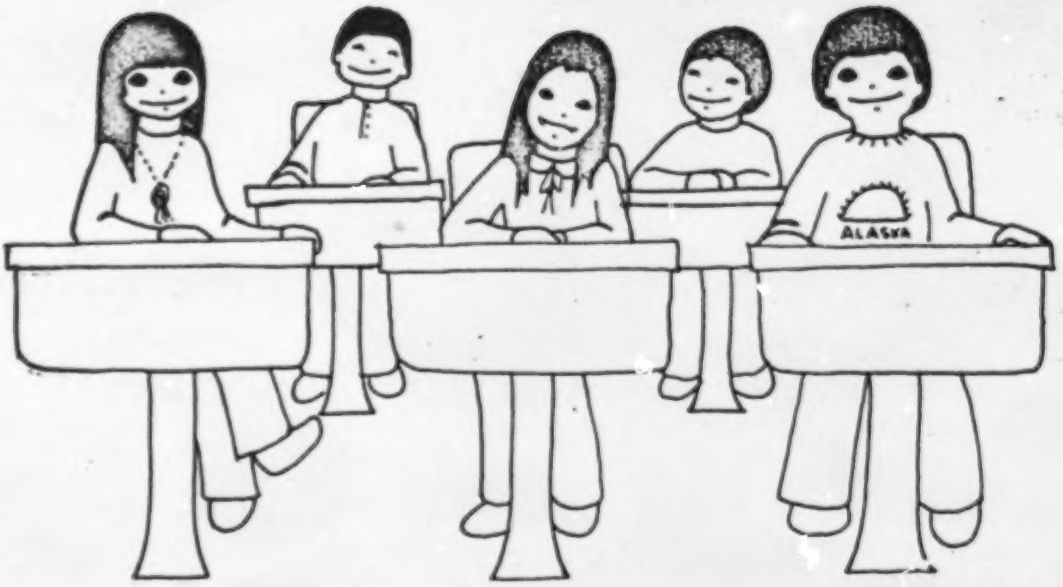
Anna: Naumi, ilvin saggizisaanaqtutin
suli silasainaqtutin.

Sam: Sagngizisaanaq? Aqpaniġmik puin?

Anna: Iya' tazha ilaat. Amilġaatut sagngizisautit.
Aġuilguzhutin. Ikmiulaġitin baisigulat.
Qizhhiulguzhutin. Imiqtaġavin imiq
tiimialguin Sagngizinaatuq sawituni.
Sagngizilaaġaatin.



Anna: Aġuikhawin niukin saŋŋizilaatuk.
Talikin saŋŋizilaatuk imiġmik agzhaġavin.
Saŋŋizililġanik tunupnik ilisimavin?
Saŋŋizililġanik puwaknik ilisimavin?

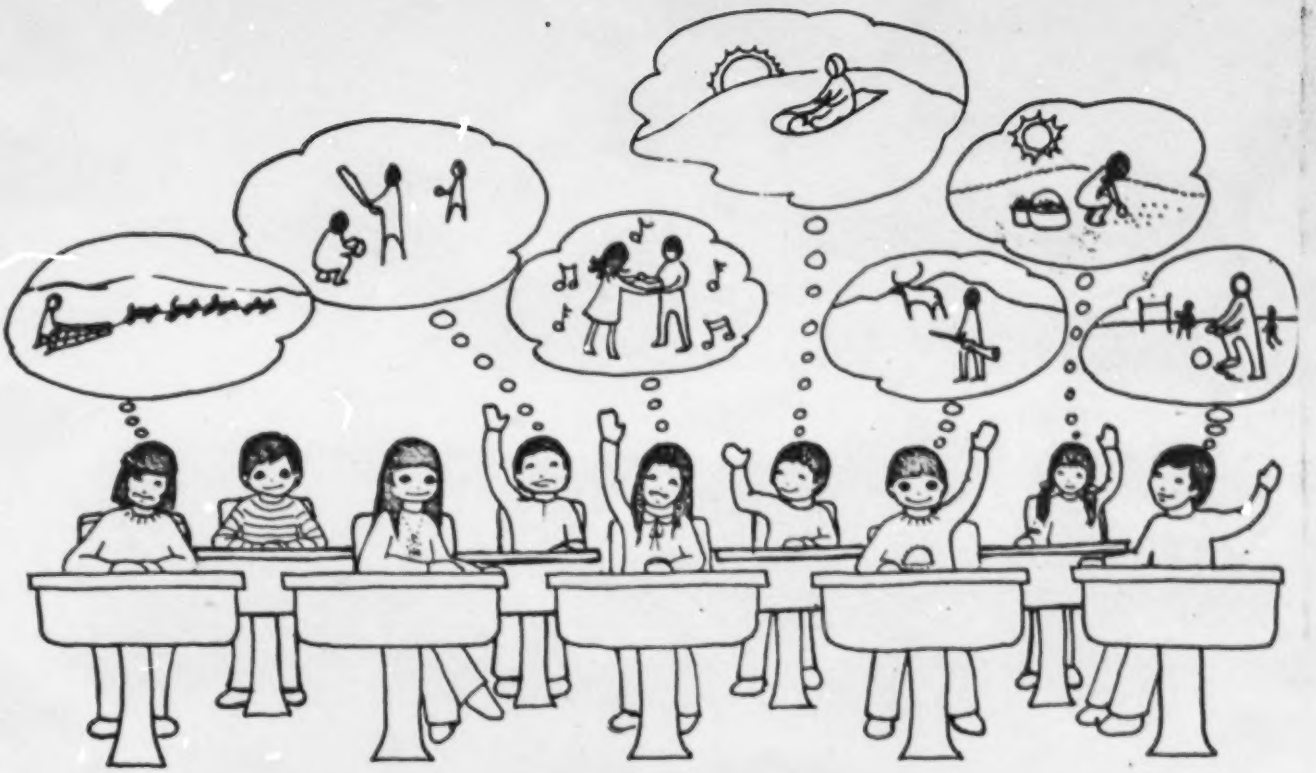


Sue: Aasiin inazhuni, Anna, saŋŋizinaava?

Anna: Iya'. Naguuzhuq aniiqtuni qaɔni.
Silasaivaktaatutin.

Sue: Saŋŋizisaatuni alianaiɬhinauva?

Anna: Iya' saŋŋizisaatuni alianaiɬhinauzhuq.
Alianainazhiuġlutin naguatun
pamiqɬiuqtutin.



Anna: Atikaa samma taizuaki alianaizhazhiuqtaataaqnik.

Sue: Manaġiaq!

David: Tuviqtuġiaq!

Mike: Nunivagiaq!

Tom: Aŋuniaq!

Tom: Alianai aŋŋuaqtuni!

Sue: Atuġniq alianaigiiga!

David: Alianaigiiga qaniġniq!

Jane: Iglaaniq alianaitautauq.

Janet: Iluaġan, Anna, tamatkua naguuvat ilipnun?

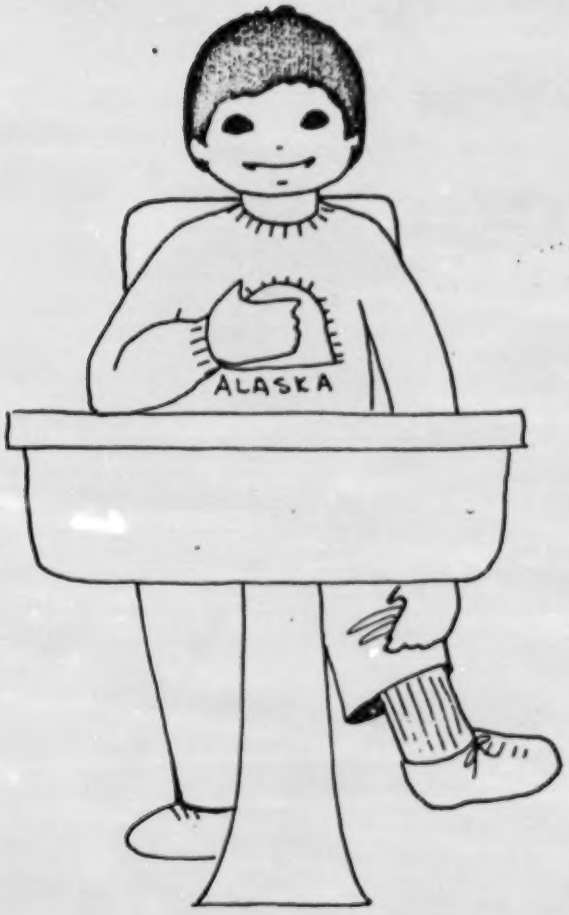
Anna: Iya', iluqnaita nuguuzhut ilipnun.

Class: Tazhha iliuut sangiziłilġatnik timikut! Uagut minguiqsaituaguzhuut suli siniktaatuaguzhuut. Uagut sangizisaataqtuaguzhuut. Uagut silasaitaqtuaguzhuut.

Anna: Ilaqaatut suli ilisaakshat. Ipqiliq suli naguuzhuq.

Sue: Qanuqpuin? Ipqituut!

John: Iġmianiktuŋa! Kiutiga sanikanikiga!
Nuwiaġigzakaniktuŋa!



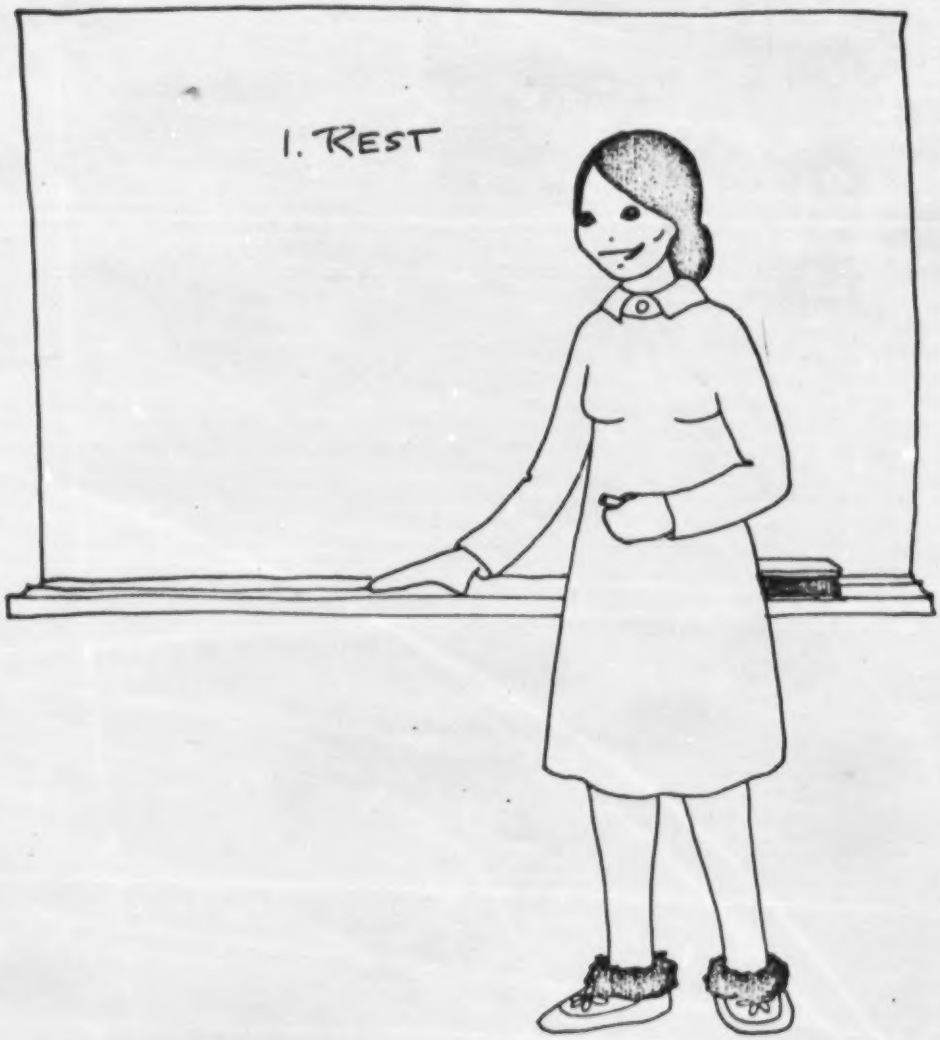
Tom: Anna, tutuilaq atiktuġa! Piniġaaka tutuilak! Nalikaaka tutuilak!

Janet: Anna, natiq tilaġianigiga! Iġġuizhuŋa!
Tilaktuġitka tiublut!

Anna: Aa, taizuagraqtuzi ipqainaqtuanik.

John: Timikut saŋŋiliuqpa tamatkua maliġuaqtaġuptiiŋ?

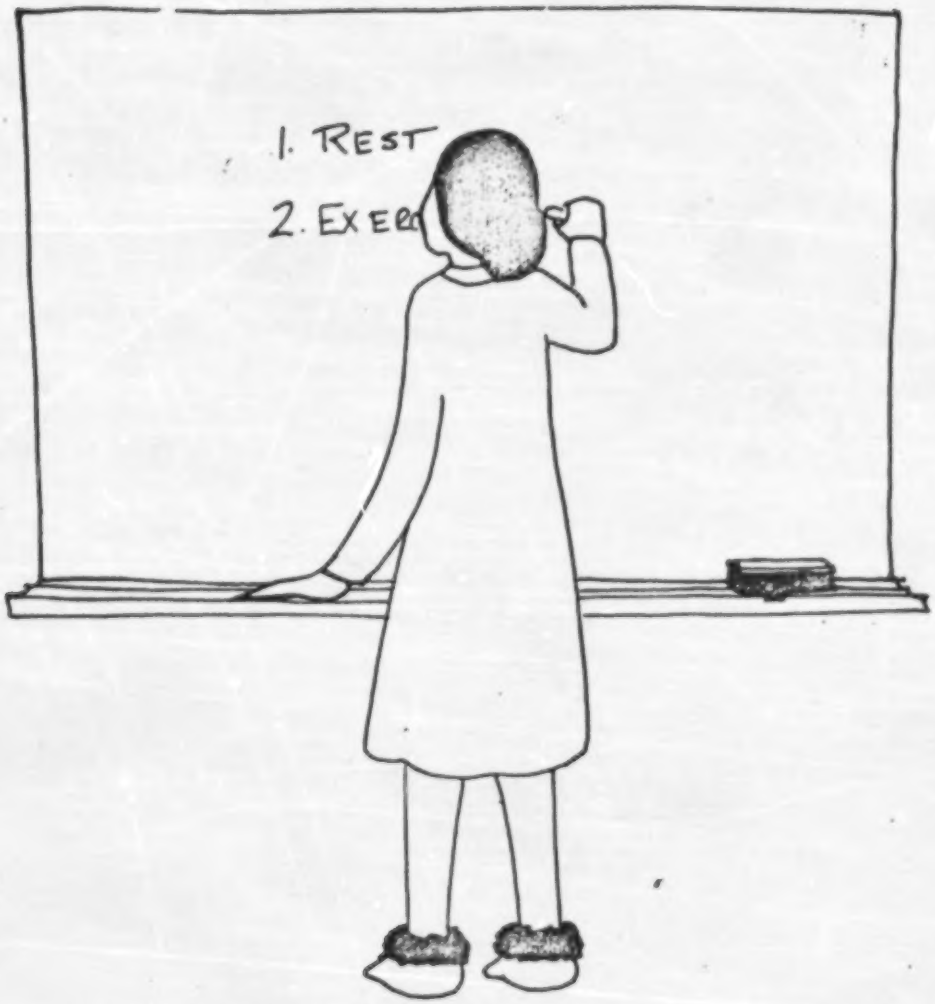
Anna: Iya', tamazha ilait qanuq timikut munaġilġat.
Kia taizualguwai sitamat qaniġigaavut?



Anna: Qanuq minguiqsaitaqtiuqpita?

Suwami minguiqsaitaqpita?

Qanutun takshuutigzhuamik siniktaaliuqpita?



Anna: Qanuq sagjizisaataqpita?

Suwami sagjizisaataqpita?

Qanutun sagjizisaataqsiuqpita?

Suwami silasaitaqpita?

Anna: Qanusiuva inaniq?

Suwami inalaatuakshauvita?

Qanutun inalaatuakshauvita?

Anna: Qanusiuva ipqiliq?

Suwami ipqituakshauvita?

Suluta ipqilaġiaqpita?

Sue: Taikuu tigisimazhuatin, Anna.
Tazha ilituut qanuq timigigzaġiaqtaavita.

Anna: Iya', ilisimaqpagtusi. Ilaqaatut suli ilituakshaasi. Ilituakshauzhuzi qanuq naliaqtaatuaguzhusi niġikshanik timigiŋnaqtuanik. Ilisaaviŋmauliuqtuŋa tani. Taabzhumani qaniqtiuqtuut niġikshanik.